

DID YOU KNOW???:

- **CHILDREN ARE DEVELOPING SYMPTOMS OF “ADULT” CHRONIC DISEASES (LIKE HEART DISEASE & DIABETES) EARLIER IN LIFE**
- **EATING AT LEAST 5 SERVINGS OF FRUITS AND VEGETABLES HAS BEEN SHOWN TO REDUCE THE RISK FOR THESE CHRONIC DISEASES**
- **CHILDREN ARE EATING TOO FEW FRUITS AND VEGETABLES**
- **HEALTHY EATING HABITS CAN ALSO IMPROVE SCHOOL PERFORMANCE**



***WOULD YOU LIKE TO:
HELP KIDS GET THE POWER...
TO IMPROVE SCHOOL PERFORMANCE
AND
BEGIN LIFE-LONG HEALTHY HABITS?***

**ORDER FREE 5 A DAY – POWER PLAY! MATERIALS
EASY TO USE, FUN ACTIVITIES FOR 4TH AND 5TH GRADES
INCLUDING BILINGUAL CHILDREN’S COOKBOOKS**

HOW CAN PARENTS HELP KIDS GET THE POWER??

- **ENCOURAGE TEACHERS TO ORDER AND USE THE FREE MATERIALS**
- **OFFER TO HELP DO AT LEAST FIVE OF THE ACTIVITIES IN THE CLASSROOM**
- **OFFER TO HELP WITH SUPPLIES FOR ACTIVITIES**
- **OFFER TO FILL OUT APPLICATIONS FOR MINI-GRANTS**

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